



# THE TRUST TIMES

18+ Care Leavers Newsletter

July 2021

## PLEASE CONTINUE TO STAY SAFE

Hi everyone,

I hope you are all doing well!

Another slight push back on restrictions again this month but the end is in sight, from July 19 restrictions are set to be eased a little. However, please bear in mind that these dates have been changing for a while now so although it's looking good, we cannot say for certain that restrictions will end. We will inform you as and when changes occur so just keep an eye on your emails. We are now officially in summer (although you wouldn't think it if you looked out the window when I wrote this!). Hopefully the weather will be sunny and we will all be able to enjoy a fun summer - plus the Olympic Games!

### To those celebrating Eid Mubarak.

Have a fantastic month and as always, email me at: [Kirstie.Cotton@birminghamchildrenstrust.co.uk](mailto:Kirstie.Cotton@birminghamchildrenstrust.co.uk) if you have anything you would like to be included in next month's newsletter.



Remember we are only a phone call or an email away. If you can't get hold of your PA, please call: **0121 464 1229**.

Thanks, and stay safe - Kirstie and the Trust team

**\*\*\*NEED HELP ? CALL OUR DUTY LINE ON 0121 464 1229\*\*\***

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# Careers info

## Careers in the NHS

There are of 360 different job roles in the NHS from housekeepers, porters and care assistants to midwives, paramedics, nurses and doctors.

There are also lots of business admin roles and lab roles as well.

If you are interested in a career in the NHS please register with NHS jobs and request job alerts.

<https://www.jobs.nhs.uk/xi/register/>



## Careers in Construction

At a recent careers event I attended about the construction sector in Birmingham, I learned about the huge range of jobs on site and on off site and the skills shortage in the West Midlands.

So, Birmingham City University, the Construction Alliance and Reed Recruitment have teamed up to give advice and information to people who want to work in this sector.

It is definitely worth registering with them.

<https://www.ibuiltit.co.uk/register-learner>

# Good News



- **MH** has been successful in getting an interview for a caretaker's apprenticeship with Birmingham City Council.
- **KC** got her first car.
- **BH** – successful in getting a job and being offered her first tenancy with Birmingham City Council.
- **Bre** has had a beautiful baby girl and has passed her driving test.
- **Bre** has also been working with CGL as a mentor and is completing her psychology degree at Arden University.

**We are so proud of you all!**

# LifeSkills

Created with  **BARCLAYS**

Barclays have created a series of activities and information around budgeting, staying safe online, and other life skills you may need.

It is free to create an account and access all the information.

To visit the website and see what they have to offer visit:

<https://bit.ly/2UO3vj2>

# Suicide prevention

If you, or anyone you know, is feeling suicidal, there is always help available.

However bad you are feeling right now, there is help that you can get.

Lots of people have felt like this and - with help - managed to get through it.

Here are some numbers and links to supportive professionals and organisations who offer help to those feeling suicidal.

These links will be included in all future newsletters so they will always be here for you to access



- Papyrus has a lot of useful advice and also a suicide prevention helpline.

<https://papyrus-uk.org/>

- Samaritans helpline **116 123**
- SANE helpline **0300 304 7000**



- Campaign Against Living Miserably (CALM) (for men) **0800 58 58 58**
- Help Guide suicide prevention

[www.helpguide.org/home-pages/suicide-prevention.html](http://www.helpguide.org/home-pages/suicide-prevention.html)



## COMMONWEALTH GAMES VOLUNTEERING (July 28 - August 8, 2022)

It may seem a long way off, but if you want to get involved in this you need to apply now and we can help you.

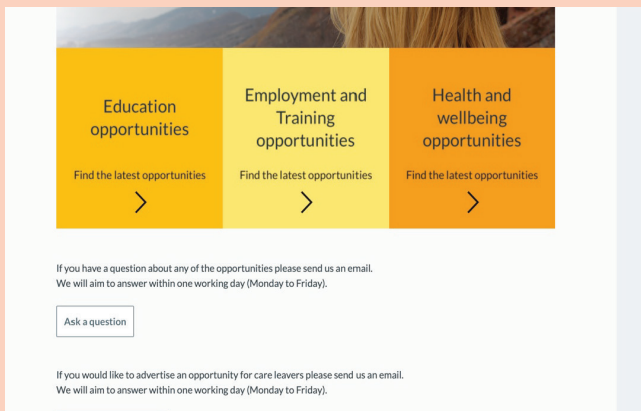
Just fill in your name and contact details on the expression of interest form and one of the Trust Corporate Parenting team will be in contact to tell you what to do and help if you need it:

<https://bit.ly/3fLpOgi>

There are lots of benefits to being a volunteer. All your food will be paid for, during the two weeks, and you will get kit and other freebies. You will also get to see events, and most of all you will be part of something great.

If you would like to find out more please contact Juliette on **07825 117381** or email [Juliette.Walton@birminghamchildrenstrust.co.uk](mailto:Juliette.Walton@birminghamchildrenstrust.co.uk)

# BOOKMARK OUR WEBSITE FOR OPPORTUNITIES



We have been working hard to get some opportunities listed on our website so that you can access them easily whenever you need them.

## Opportunities include:

- Education opportunities;
- Employment and Training opportunities; and
- Health and Wellbeing opportunities.

Content is regularly being uploaded but we wanted to give you the link now so that you can **bookmark it**.

<https://bit.ly/3A4P0aW>

## Eid Mubarak to everyone celebrating Eid next week

Eid al-Adha is the latter of the two official Islamic holidays celebrated within Islam.

The Rights and Participation team have organised a wonderful meal at a restaurant of the young people's choice for our young people/parents to come together and celebrate Eid.

Parents, children and young people are looking forward to the meal next week (21 July at 1pm).



Kooth offers free, safe and anonymous online counselling and support, with many different features and sections to offer you support such as:

- Magazine - Helpful articles, personal experiences and tips from young people and our Kooth team.
- Discussion Boards - Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- Chat with the team - Chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- Daily Journal - Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

To visit their page, click here to see this and much more!

[www.kooth.com](http://www.kooth.com)



The Care Leaver Covenant website is full of opportunities for care leavers. They include:

- Employment support.
- Support for homeless young people.
- Apprenticeships.
- Courses.
- QuickStart courses.
- Freebies, and loads more.

Check out their website

<https://mycovenant.org.uk/offers/>

# From application to interview

## How to get shortlisted

by Juliette Walton

If you are applying for a job you will usually have to write Supporting Information.

It might also be called a 'supporting letter' or 'summary statement' – they are the same thing. If you don't know what to write, you won't get shortlisted.

- Read the Job Description and Person Specification – sometimes called Essential Criteria.
- The person spec / essential criteria is a list of all the skills and experience that they want their employees to have.
- For everything on the list you need to give an example from your work, education or life experience to show them you can do it.

### Example: 'Person specification

#### 1. Must have experience of cleaning inside and outside areas.'

#### Supporting information

*'I have experience of cleaning inside from when I worked in the kitchens of a staff canteen. We had to make sure all surfaces were disinfected and used an industrial machine to wash the plates, cups, knives and forks.'*

*I have experience of cleaning outside when I volunteered on the neighbourhood clear-up scheme and we used litter pickers and gardening equipment.'*

If the experience was from time in custody, you can use it but you might be asked about it in your interview.

Don't worry, just be honest and let them know you have moved on with your life.



If you can't think of any examples for something on the person specification, say you understand why it is important and you are keen to learn.

- Go through the points on the person spec and essential criteria in order – it makes it easier for the recruiting manager to read it and mark it.
- The more things you give examples for, the higher your mark will be.
- Those with high marks go through to interview (that's what is called shortlisting).
- Write it out as a paragraph, not as a list.
- At the start and at the end say something that shows you are keen: 'I am really interested in.....', 'I would love the opportunity to.....'
- Put in the name of the company – that shows you have read the job description and know what you are applying for.
- Keep a copy of your supporting info because you will be asked about it in your interview.

Follow these steps and get in touch if you need any help

**[Juliette.walton@birminghamchildrenstrust.co.uk](mailto:Juliette.walton@birminghamchildrenstrust.co.uk)**

**07825 117381**

# YPP is out of this world!



The Young Parents Project (YPP) is open to all young parents.

The project aims to improve outcomes through access to support and guidance for young parents.

Currently we meet virtually every month via Microsoft Teams. However, with the restrictions lifting slowly we were able to have our first face to face activity at Think Tank at Millennium Point, in line with the government guidelines.

The young parents had a fun packed morning where they worked together on the co-production of a planetarium.

There were some useful outcomes from the planetarium session that will help plan future programmes and develop content for different ages babies, toddlers and young children.

Sarah our guide had this to say: "Thank you for visiting and for your support during the visit – I'm so pleased the parents enjoyed the day and the little ones seemed to have lots of fun"

All the young parents received a book about handwashing after the session, which parents can read to their children and encourage good hand washing practice.

Velma Kenny Assistant Director for East also attended our young parents meeting.

The young parents were able to discuss their concerns, around support and professional engagement from various area teams.

Velma has requested a follow up meeting and is addressing the concerns.

The long term aim is to feed all young parents' concerns into the new pregnancy pathway which is currently in its infancy stages.

We wont be having a specific meeting as such in August as we are planning lots of fun days out with the parents.

Our parents have suggested they would love to go to Drayton Manor and visit Thomas Land, go to a beach, visit a trampoline park, as well as Wonderland in Tedford to name but a few venues.

If you know of any young parents or parents to be who would like to join we would be happy to hear from you.

We are always welcoming new members.

Please contact **Tasneem Akhtar** in the **Rights and Participation team**

**Tasneem.akhtar@birminghamchildrenstrust.co.uk**

# The Rees Foundation



The Rees Foundation offer help and advice to care experienced individuals about any concern and are always here to listen.

They run a number of projects that can make a real difference to care experienced people of any age. They want to celebrate any and all personal and professional achievements of those who have experienced being in care, no matter how big or small.

The Rees Foundation have been working hard to improve their offer for Birmingham Children's Trust care leavers and we would really like to share some of the opportunities they are offering right now.

You can see what's on offer on their website:

<https://www.reesfoundation.org/projects.html>



## CGL workshops

CGL (Change, Grow, Live) will be running numerous workshops throughout the year including Preparation to Work and more Motivation Workshops.

If you are not in Education, Training or Employment and you are interested, speak to your PA about a referral to CGL.

<https://www.changegrowlive.org>

## Share YOUR news

We love to hear your successes, however big or small.

If you have achieved a new qualification, started a new course, learnt a new skill, or even got over a personal barrier then please share your good news with us.

**Please email your good news to:**

**[Kirstie.Cotton@birminghamchildrenstrust.co.uk](mailto:Kirstie.Cotton@birminghamchildrenstrust.co.uk)**

## The Local Offer

The 18+ Care Leavers Service is here to help young people make the move from living in care to enjoying independent life as an adult.

We support young people from ages 18 to 21, and this can continue up to the age of 25 if you wish.

We understand that leaving care is a time of big changes in your life.

You will have lots of questions about the support you can get and the services available to you.

These sorts of questions are so important that the government asked every local authority to produce its own Local Offer, to include all of the services and information that care leavers would need.

The Local Offer was produced with the support of the Birmingham Care Leavers' Forum.

You will find the Birmingham Local offer via the following link:

**[www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer](http://www.birminghamchildrenstrustco.uk/birminghamcareleaversoffer)**



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CHILDREN'S TRUST**